



# fresh

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## CUBICLE CUISINE

Transform a great dinner into  
a deliciously different lunch

page 16

**A Ghostly Good Time**  
Turn spooky treats into  
decorating fun for kids  
page 13

**Effortless Entrées**  
One-dish meals speed  
cooking and cleanup  
page 22

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## features

16

## QUINCE CUISINE

Three ingredients into easy lunches with these double-duty dinners

By Carolyn Page-Pitt

22

## ALL IN ONE MEALS

Let your oven work as magic, and your complete dinners up just a few steps

By Tim Neff

28

## NO-STRESS PICKLES

Forget the fuss of traditional canning — take the refrigerator pickle shortcut to homemade taste

By Michael J. Rodriguez

34

MEALS IN MINUTES:  
HEARTY FALL SALADS

Make dish salads combine, prove and prepare for November speedily made

By Catherine Mollner



10



34

## departments

## 6 FOOD FOR THOUGHT

Quaking from a chilled brewer bag when potatoes are peels, and techniques on using yeast plus ingredients Insider Jessica

## 9 ASK THE EXPERT

Deli manager Anna Jangor has-ups for her busy customers on beautiful "fast food" options for the whole family

## 10 FOOD LIVERS FAVORITES

Harvard comment Jane Gordon, Don Gordon, and Anna Jangor, make sure to cook with their children — with results that are both delicious and fun

## 13 COOKING WITH KIDS

For the children, give the children, and how up the youngsters — get creative at your Halloween party

## 39 FOR YOUR HEALTH

Receptly cauliflower and kale — and all the cruciferous veggie family — are the newest superfoods when it comes to your health

## 43 INSPIRATIONS

Good for you side works in many recipes — put this in up with fresh vegetables and "best of inspiration" Doreen

## 46 WINE WORTH DISCOVERING

Brings the flavors of fall with one of these robust blends

**HEAT INSIDER** The power today help a new look at, improve, and they depend to it

Look up content at [www.hatchard.com](http://www.hatchard.com) for more interesting recipes, tips, and ideas devoted first rate to your love of food

ON THE COVER: White Bean & Olive Salad with Pignoli Dressing (See page 18 for the recipe)  
Photograph by Maria Piro



### Versatile Pears

Try scrumptious pears for fall cooking and baking. They're great for eating alone or as an ingredient in both savory and sweet dishes.

Our Produce department carries some of the most popular varieties of pears, including Bosc, Anjou, Anjou and Bartlett (red and green). During this time of year we also carry special types of pears — **Flamingo**, **Bartlett** and **Candice** — known for their sweetness and range of colors.

Both Flamingo and Bartlett are good sandwich snacks or mid-afternoon treats for the kids. Their convenient retail sizes and inorganic juices make the fruits an excellent choice for a healthy treat.

One of the largest and juiciest types of pear is the celebrated Candice. Better than most other types, Candice can be used in salads, as an accompaniment to a platter of chicken, or in a dessert salad.

When selecting pears, avoid bruised cuts and brown spots. Ripen pears that aren't ripe! You can tell when a pear is ripe by its weight. Check out pears 32 and 36 for delicious recipes using various pears.



Bosc



Anjou



Flamingo



Bartlett



Red Bartlett



Candice



## Lunch with the Stars

Come fall, back to school — and back to work — means back to packed lunches. We want convenience, but quick and easy lunches can often present real nutritional challenges.

Our Guiding Stars program aims to meet these challenges by making all aspects of shopping for health easier. The Stars have done the hard work for you. Each food gets positive points for including whole grains, fiber, vitamins and minerals, and less points for saturated fat, added sugar, cholesterol, added sodium, and added sugar. If a food gets a star, you can be confident that it is higher in the healthier positives and lower in the negatives.

A great choice for any lunchbox is **fruit pretzels** — every fruit and vegetable gets at least one star. Carrots, celery, apples, oranges — all are good to munch on and easy to pack and will enhance your lunch. But sandwiches can be good too — look for **pretzels** with seeds to know you're getting more fiber. Some peanut butter is good, too — or try **almond butter** for a change of pace. Making lunch right? Check out a few good **combinations**, which will likely include more beneficial oils and fats. In these cases **snack fruits**, such as potato chips, corn chips and pretzels, get stars — those with stars will have no trans fats and may include vitamins and minerals and less sodium than those that less stars get.

**Fruits** are a great lunchbox companion. Apples and almonds are loaded with nutritional plants such as vitamins E and calcium. **Salads** make the midday meal satisfying and are filled with fiber. Finish with a **granola bar** or **energy bar** packed with nuts and fruit — it'll give you a lot of nutrients along with your stars.

Check out our rules as you shop for lunchbox staples and look for the stars — and you'll find there are many foods that will make delicious, nutritious — and convenient — meals.

### TECHNIQUE: PROOFING YEAST



So a solid, typically entire headshell, dry yeast, rapid rising and active-dry **Rapid rising** – also called quick rise instant or bread machine yeast – is yeast that is treated so that it can be mixed directly with the flour. Active dry yeast is a more traditional yeast, for slow/longer rises, such as the French/Pain de Eglise recipe on page 12. This yeast must be proofed in a warm liquid (such as water or milk) for about 10 minutes, so that it can become

**Step 1** Place the meat of 10 baked recipe cutlets in a bowl. The recipe should be between about 2000 to 2500, just above body temperature (too high a temperature can kill yeast), heat them sugar or glucose in small amount at once in the lukewarm water. Sprinkle yeast on the meat.

**Step 2** Stir to dissolve the yeast. Let rest for up to 10 minutes.

**Step 3** Use the yeast will become active - the mixture will turn slightly and look a little puffier.

**Step 4** Once it starts to puff (the yeast is produced in only 10 min) Stir in all flour 1 cup at a time and stirred well to combine.



**Self-Review**

Takla is the important archaeological site of the ancient Tiele and Hephthalite? Has built outside of Hemovalad Hall there stone that just give a little hint of richness - it is a tribute to the natural beauty of Tokos. Try our new line of beds from around the world collected from all 50 states

- **Alaska** The rufous brown, rusty-orange crustacean gets their color from tannin-rich diets and are not in season. The rest is good for soups and game meats.
- **Bell Isle** Pine grey and naturally mottled. The medium crystals are soft cones I mean nothing. There is a good finishing salt by it, it is almost impossible to grill it (expensive).
- **Marine** Blue from available. These are the crystals get their blue color from the food the crustaceans eat. The rest is the same water. The rest is just a food to improve the quality of the food. It is a food to just for soups or steamed potatoes and other veggie.
- **Salted** Charcoal grey with medium large crystals. Satisfying, from the Pacific Ocean and is complex and also small. (Gut it on food, large of value).
- **Pine** Is Bell Isle white. Two-colored shell. Freshness is to get a medium salt, and it is to add other the food is cooked in you can find the Pacific. (Not try it with salt, poultry, seafood, and seafood).
- **Himalayas** Pine. These are crystals are harvested from seaweed and in the Himalayas mountains. Their crystals are very common from copper and iron, like the good poultry and meat, or fish.







# Over-the-Counter Convenience

Deli Manager Anne Jumper serves up smiles

BY STEVE SPILLER AND PHOTOGRAFIER TOMMY KIDOL

**H**ospitality, says Anne Jumper, is home to my heart. "Thank you," the busy mother commutes 40 minutes each way to Hinnelco's Hometown Market, where she works full-time as deli manager. The Deli serves up delicious-to-order meats, fresh cheeses and prepared foods, including our deli masterpiece of fully cooked fresh cut steaks and sides. Customers are why Jumper looks forward to her job every day and thus comes to know many on a first-name basis.

**What's the best part of your job?**

Encouraging customers to enjoy our great foods. Usually an older lady comes in to buy cheese for Welsh rabbit but winds hourly, knowing it helped her find just the right kind and mentioned that my husband loves this dish because his grandmother used to make a lot like this. I've never known how to replace it. And she promised to bring me the recipe. Building relationships — that's what my job is all about.

**To hear life is busy to your customers? Absolutely. I have six beautiful children, five of whom are living at home. The oldest is 21 and the youngest is 9 and they all have complicated schedules. But no matter how crazy life gets, we make it a point to sit down as a family and have dinner together on nights out of order.**

**With so many convenient, fast options — fast food drive-through, takeout — why do you think Hinnelco's fully cooked fresh entrees and sides have become so popular? The sheer number of choices makes the fresh products very appealing. As a mother of six, it's great to be able to choose from so many different dishes. Also, many of these**



are her convenient dining options are not very healthy! And our salad line is loved as that customers have become more aware of nutrition. I think that accounts for the growing sales of such items as honey fat chicken and the hot-and-cold Hinnelco Flavored meats. People want food that fits but not full of junk.

**What's your personal favorite?**

The grilled chicken breast strips over rice pilaf. I eat it personally every day for lunch. It costs less than a burger and less as the bread dries through and it tastes so much better. And it's so much better for me. It's an amazing little meal.

**What about your family?**

My children all like different things. My 23-year-old prefers cup of the pasta on pizza; my 21-year-old, when in the military, really goes for the ribs. My 9-year-old is

the porker, but even he loves the grilled chicken over rice pilaf. And we all enjoy the Taste of Inspiration® salmon and turkey.

**Do you consider your relationships at work family-type relationships?**

Definitely. And try to encourage that approach among my staff. I remember once a lady asked for ham sliced "paper thin." The young woman left all the counter smiling and asked her, "Newspaper thin or construction paper thin?" to which the lady replied, "Oh, you're adorable!" The next time she came in, she brought out two small pieces and asked for her order construction-paper thin. That lady brought tears to my eyes.

It's why we always give away slices of cheese to kids. It makes both them and their parents happy and we want them to walk away satisfied. After all, they're future Hinnelco customers. ■



When Dan takes his Barona CPA from the line, Ash manages to lure crullers past. And when Irma takes a flimsily heated Pecan Bread, Ash knows to get her hands over the dough. "It just makes her day," Irma says. But the girls' main motivation for helping, among it, is to help baked treats right from the oven.

"Providing beautiful food for clients simply is key for Dan and Irma. "We want to touch the kids to expect the food and make sure it comes from," Irma says.

Jane urges parents to let their kids have fun cooking. "That means letting them do what they think is best," he says. "Some times it will be useful, other times it will be disastrous. "Once the kids discover what they like to cook, they'll not shut every time," he says.

## COLOGICAL CHILI ONION CHESTNEY

MAKES 8 CUPS OR MORE

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

During a visit to an Indian restaurant, Irma discovered the food she enjoyed most. She and her dad went home and created this recipe. Irma is a chef with a taste and feels as if a dip with cheese and crackers. Recipe may be helped.

1. Medium white or yellow onion

1/2 cup chili sauce

1/2 cup onion

1 cup crushed red pepper flakes

1/2 cup tomato

1/2 cup tomato (about 1/2 cup)

1. First chop onion. Place in a medium bowl and add chili sauce, pepper, red pepper flakes, tomato, and tomato. Mix well. Let sit at least 10 minutes before serving, so the flavors can mix into the sauce. May be prepared several days in advance. Store refrigerated for up to a week, or in an airtight container.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
21 CALORIES (7% LABORATORY) (10% OTHER) (10%  
SALT) (10% SALT) (10% SALT) (10% SALT) (10% SALT)  
SODIUM: 10 PERCENT

## BROWNIE PIE

MAKES ONE 8-INCH PIE (SERVES 8)

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1 HOUR, 45 MINUTES

Top with an cream for an even more. Pie may be frozen.

1. 1/2 cup of 1/2 cup brownie mix

1/2 cup

1/2 cup

1/2 cup water

1/2 cup and 1/2 cup (about 1/2 cup)

1/2 cup ground cinnamon

1/2 cup ground ginger (optional)

1. Preheat oven to 350°F

2. In a large mixing bowl, combine brownie

mix, oil, eggs, and water. Mix well. Blend, about 10 strokes with a wooden spoon or 2 minutes with an electric mixer. 3. Pour brownie batter into the greased crust. Sprinkle surface with cinnamon and 1/2-cup paper.

4. Bake the pie at 350°F for 35 to 45 minutes or until center looks set. The brownie will pull away from the crust. It is important to wait 2 inches from the side of the pie should come out about 1-2 inches for at least 10 minutes before serving. Serve at room temperature or slightly warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
20 CALORIES (7% LABORATORY) (10% OTHER) (10%  
SALT) (10% SALT) (10% SALT) (10% SALT) (10% SALT)  
SODIUM: 10 PERCENT



**BBQ • CUTTING & PULLING  
PULLA OR LAD  
MAKES 10 ROLLS  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME (SHOULD): 30 MINUTES**



Anna says a classic way to serve these rolls is to split them and fill with whipped cream. They're also great as a snack or with pecan pie. The recipe makes a generous amount, so Anna loves my sister. She says her kids especially enjoy breaking the rolls with the egg wash and spreading on the sugar. Recipe may be halved.

- 3 cups milk
- 1/4 cup sugar
- 1 1/2 to 1 3/4 tsp or 4 1/2 tsp active dry yeast
- 1 tsp salt
- 1 Tbsp ground cardamom
- 4 to 5 cups flour
- 1 egg (1 whole whole butter softened)
- 1 tsp
- 1 cup (1 whole whole butter softened) in the baking mix

- 1 In a small saucepan over low heat, heat milk till just lukewarm — slightly warmer than body temperature (about 100°F or 130°F on an instant-read thermometer). Transfer to a large bowl and add 1/4 cup sugar and yeast. Stir to dissolve and let rest for 1 to 3 minutes so yeast proofs — warm to touch slightly (see technique, page 7). Mix by stir and combine. While it rises, 1 cup in a large bowl measure flour into 1/2 cup in a bowl. Use your hands to mix on the floor. Stir with 4 cups flour if instant yeast was not added additional flour. 1 Tbsp in a bowl. For much flour can make tighter rolls.
- 2 Knead until dough begins to feel elastic and not sticky, and then add flour and knead it in thoroughly. Keep kneading until dough begins to pull off your hands and off side of bowl about 8 minutes. Knead dough into a ball and leave in rising bowl. Cover bowl with a kitchen towel and let sit on a warm place to rise until doubled, about 1 to 2 hours.
- 3 Line 1 or 2 baking sheets with parchment paper. When dough has doubled in size, divide with a quarter of the dough in



© JESSICA PULLA BAKER

- a ball. Divide each quarter into 3 equal pieces and shape each piece into balls. If dough is sticky, use additional flour to keep it from becoming sticky. Put rolls on prepared baking sheet about 2 inches apart (more with a kitchen towel) and let rise until doubled, about 1 to 1 1/2 hours. You can let one sheet rise while you prepare the rolls for the next sheet.
- 4 When rolls have just about doubled in size, preheat oven to 400°F for 15 minutes. Place egg in a small bowl and whisk a small lightly beaten. Break egg wash on each roll. Sprinkle each roll with about 1/4 cup homemade sugar crystals. Bake one sheet at a time at 400°F for 12 to 14 minutes — until

rolls are light golden brown. Be careful not to overcook, as sometimes the bottom can burn. Let rolls cool for 15 minutes before serving. Rolls can be frozen and reheated for a few seconds in the microwave.

RECIPE ADAPTED FROM THE CHINA RECIPE BOOK BY JESSICA PULLA BAKER. THE CHINA RECIPE BOOK IS AVAILABLE AT [www.chinarecipebook.com](http://www.chinarecipebook.com). THE CHINA RECIPE BOOK IS AVAILABLE AT [www.chinarecipebook.com](http://www.chinarecipebook.com).

Have a favorite recipe? Please share it! The only way to feature it in Food Lover's Favorites. Just email: [foodlover@foodlover.com](mailto:foodlover@foodlover.com)

# A Ghostly Good Time

Halloween parties are extra special when creativity is part of the spooky fun.

BY LEE STEIN Recipes by LEE STEIN AND DIANA BURGILL Photographs by CARL FREEMAN

**M**ake Halloween even more fun for your kids by hosting a pumpkin decorating party. Then let the jack-o'-lanterns you've got going up with cupcakes and cookies—all you need are some frosting touches for the spooky nibbles on.

There are lots of ways to add personality to a pumpkin: markers, paint, glue, tea, sand and, of course, actual carving. If your party is kids only, stick to external decors more. How to decorate can include soaps, gloves and brushes—it's the perfect opportunity to discuss your creek too.

If there are enough supervising adults and safe tools (see sidebar on page 140), carving can be fun—with the bonus of pumpkin seeds for roasting (see sidebar on page 130). Watch on newspapers and, if carving, include bowls for the stringy seeds with all these reachable seeds.

Party nibbles can be simple—oatmeal and candy makes perhaps a dip with apple cider to drink. But decorating is the party theme, so the main food event is the cupcakes and cookies. Before the party mix up a batch of Gingerbread Cupcakes with your own kids. You can bake the cupcakes ahead of time too.

Kids can top cupcakes and cookies with candy for decorating, such as candy corn, candy-coated chocolate, gilly beans and gumballs. You'll also find chocolate chips and a rainbow of sprinkles and colored sugars at the baking aisle, along with decorative sprinkles that make a easy for kids to "draw" interesting designs. Supply brushes of Gansco or Crown Cheese Painting (in white



frosting makes perfect ghostly cupcakes—or dole the batches, divide them and color-different post-ers. Whatever guests create, they'll have fun, and your kids will enjoy frosting nibbles immensely more so, good luck.

## GINGERBREAD CUPCAKES

MAKES 24 CUPCAKES  
ACTIVE TIME: 20 MINUTES  
TOTAL TIME: 1 HOUR 30 MINUTES (COOLING TIME)

These cupcakes provide a sturdy base for decorating. Cupcakes may be prepared one day in advance and stored, refrigerated, at room temperature in an airtight container or frozen.

### What Kids Can Do

- Line muffin pans with liners and spray with cooking spray.
- Mix batter in microwave.
- Then pour on and off with supervision.
- Measure and add ingredients.
- Decorate batter among muffin cups.

## Controlling with Risk

- A cup unsalted butter, melted
  - 1 cup sugar
  - 1 cup brown sugar
  - 1 cup molasses
  - 1 egg
  - 1 cup buttermilk
  - 200 g cups flour
  - 1 tsp. baking soda
  - 1 tsp. baking powder
  - 1 tsp. salt
  - 1 tsp. cinnamon
  - 1 tsp. ginger
  - 1/2 tsp. cloves
  - 1 1/2 cups Brown Oatmeal Flaxseed
  - 1 cuppe Coconut Flaxseed
- Follow also on Pinterest

1. Prefilled syring in JEPF Spring is 12 mg/ml after post-work stocking spray. Insect and spore count below.

**2.** In a large bowl, combine butter, sugar, brown sugar, and molasses. Use an electric mixer on high to mix until smooth, about 1 minute. Add egg and beaters II and mix until blended, about 1 minute. Add cream, stir, and mix again to mix a little. Spoon into a medium-sized bowl.



## RUNNING WITH PERSONALITY



If you want to enhance track-air brakes with a multi-point-system (2 bolts) to take the right load, that'll make carrying pumps, tools, etc. easier and a lot more fun with two good looks, meaning a drill and wrenching tool that makes quick work of clamping the air to the air hose. It also includes 12 high-quality cushions, 1 each for 12 air hose connections.

3. In a mesh pan, blend sticks or sticks together. Remove, holding sticks, holding jawline, and remove, gently, and chew. Add in brown, mastic, and mix with a wooden spoon or an low speed pan, until all the floor is once poured. Do not remove.
4. Use a ¼ cup measuring cup to scoop batter into prepared muffin pans. Bake at 325°F for 18 to 24 minutes until the surface springs back when poked with a lightly oil and a tester comes out clean. Let cool in pans. 2 minutes then remove to a wire rack to finish cooling, about 25 minutes. When cool, store and discard.

1. **Identify the problem:** The problem is that the company's sales are declining, and the management is not sure why.

THESE RESULTS ARE

[illegible]

PROFESSOR, I HAVE THE HONORABLE POSITION

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Use your favorite Halloween cookie cutter for the party — pumpkins, ghosts, or bats. This recipe also works in many refrigerator-freezer and take cookies — the round shape is best suited for the pumpkin theme.

What Can Be

- Turn meat on and off with exposure
- Minimize and air-dry exposure
- Wrap dough in plastic wrap
- Roll out dough and use roller system
- Cut slices and bake cookies

- 1 cup small-rib butter softened
  - 1 cup sugar
  - 1 egg
  - 1 tsp. vanilla extract
  - 2½ cups all-purpose flour
  - ½ tsp. baking powder
  - ¼ tsp. salt
- Additional flour for sprinkling*
- 1 recipe Cream Cheese Filling
  - 1 recipe Creamed Frosting

**h** In a large mixing bowl, use an electric mixer to beat butter and sugar together until pale and creamy about 3 minutes. Add egg and vanilla, mixing and beat until combined.

**2** Place flour, baking powder and salt in a sifter and sift over beaten mixture. (Do not

3. Roll the dough and flares into half into a disk shape. Or for the real and-bake-cooked form-dough first two cylinders, each about 1 inch in diameter and 1 1/2 inches long. Wrap in plastic; wrap or waxed paper and refrigerate at least 1 hour, or overnight.





## Lunch

WHITE BEAN & CRISPY SALAD  
WITH PEZIZZO CHEESE



# Cubicle Cuisine

Keep mealtime interesting when you cook once, eat twice

BY CAROLYN FAYE FOX PHOTOGRAPHS BY MARK FERRE



There may be no such thing as a free lunch, but bringing your lunch to work can instantly put a few extra dollars in your wallet. And with a little planning it's possible to pack a satisfying, healthy lunch that won't leave you feeling deprived as soon as you get a whiff of your co-worker's kitchen from the cubicle down the row.

The trick is to prepare a lunch that gives your taste buds some thing new and different to look forward to. Here's your solution: cook once, eat twice. First, you may take the time to prepare dinner at home. But you don't want a simple display of last night's meal on your desk less than 24 hours later. These recipes for family dinners are designed to provide leftovers that are easily transformed into delicious portable — and different — lunches.

What's more, our meals are strategically planned for cubicle courtesy: They're reasonably easy to eat, minimizing the risk of spills and stains on clothing and carpets; they're delicious chilled or at room temperature, so you don't need to get in line for the office microwave; and they can down on the table in your wastebasket because you pack your lunches in reusable containers.







4. In a small, open pot, bring water to a boil over high heat and use cover pot reduce heat to medium-low and simmer until liquid is absorbed (about 12 to 15 minutes). Remove from heat. Ruff with a fork, cover tightly and let stand.

5. Cook steak. So tender on high. Remove meat from bags, discard excess marinade. Broil about 3 inches from heat source. 3-meat steaks per side for medium rare. Place meat on roasting basket for 5 minutes.

6. Meat must be the diagonal, meaning a third of the sliced meat for lunch — place on an airtight container and refrigerate.

7. So inside 1½ cups rice to use for lunch. On a platter, mound remaining rice (about 3 cups). Top with steamed vegetables and any pieces left in the baking dish, and arrange sliced steaks alongside. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
(115 CALORIES, 1150 CARBOHYDRATE, 140 PROTEIN,  
2000 MG SODIUM, 1000 MG CHOLESTEROL,  
100 MG VITAMIN C, 40 FIBER)

## LUNCH: SOUTHEAST ASIAN STEAK SALAD

SERVES 4

ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 15 MINUTES

Whisk up to mix up a batch of this salad, and let it marinate overnight to make your marinade. For vegetarians, try shredded cauliflower or zucchini — or use peanuts instead of walnuts.

- 1½ cups cooked/braised rice
- Let stand 10-15 min. Soak steaks
- 1 cup fresh spinach
- 1 medium green and white parts (freshly chopped)
- 1 cup finely shredded Rapa cabbage
- ½ red bell pepper (chopped)
- ½ cup chopped fresh cilantro
- ½ cup minced garlic
- ½ cup rice vinegar
- 1 Tbsp lime juice
- 3 Tbsp rice wine vinegar (1 Tbsp per head) (add 1 head in the international style)
- 1 tsp brown sugar

1½ cup red pepper flakes

- 1 Tbsp hot oil or 1 Tbsp crushed garlic
- 2 Tbsp olive oil
- 1½ cup ground beef or pork or chicken

1 In a large bowl, combine rice, steak, beans, sprouts, spinach, cabbage, bell pepper, and cilantro. Stir gently to mix ingredients well.

2 In a medium glass or plastic container with a tight-fitting lid, combine vinegar, lime juice, minced garlic, more than or more plus brown sugar and pepper flakes, mix, and oil. Seal top and shake vigorously (shake).

(Shake well, mix, and stir well).

3. Place salad in 4 containers. Divide container into 4 plastic bags. Shake in an insulated case with no no peak and not chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
(115 CALORIES, 1150 CARBOHYDRATE, 140 PROTEIN,  
2000 MG SODIUM, 1000 MG CHOLESTEROL,  
100 MG VITAMIN C, 40 FIBER)

Can't get the recipe for The Improper Bostonian magazine and a penitence "Soylent" APPS naturally synthesized food from your phone.



# all in one meals

Streamlined dishes make cooking and cleanup easy

In many kitchens, there's a lot of activity cooking around the house at dinner time. But even if your kitchen is a haven of activity, there are days when you'll want to serve up an easy, delicious meal — and standing in the stove tending a bounty of skillets and pots is not the most easy way to do it. Sure, you can whip up quick dinners with stove pots going at once, but you'll have a work full of dirty pans to scrub. That's where the all-in-one meal comes in — meat or fish plus vegetables prepared in one pot in the oven. With all the different components cooking together, the flavors intermingle and intensify, creating a complexity and depth that can't be rivaled by cooking the ingredients separately. And you won't have to stand too long at the stove — or the sink.

Try a simple skillet with garlic, thyme, and a drizzle of oil, and then roasted with sweet potatoes and red onions. The preparation is minimal, and you can do other things while the meat cooks or help with housework, errands, guests, what? Once the meat is out of the oven and resting, make a quick sauce from the pan juices. Voilà, dinner is ready with minimal cleanup.

The possibilities for all-in-one meals are endless. With a little imagination in combining meats, poultry, fish, and vegetables with herbs, spices, and condiments, you can dress up almost any simple dish. There are just a few things to keep in mind. Sometimes ingredients can be cooked together for the same amount of time, so with the roast beef. Other times, some elements may need a head start. In the Herbs-and-Balsam Roast Beef, the potatoes and carrots roast for 45 minutes before the quick-cooking fish is added.



by eva katz  
photography by carl tremblay

*Remember!* If you're taking a short cut, use a pressure cooker. By turning up the heat for short periods during cooking, you can brown your meat, snap chicken skin, and caramelize vegetables without compromising meat cooking—and without having to perform these steps on the stovetop on another pan. For the Braised Chicken with Chopped Peppers and Beans, the oven temperature is reduced from 350 to 325 for the last 10 minutes. This results in a nicely crisp and brown chicken, but is still noticeably moist and tender.

The above-mentioned dishes can be prepared in a standard skillet and frying, and less messy. But, for real beauty is that they are truly delicious meals—my enough for Tuesday night dinner but special enough for Saturday night guests.

## EASIER AND TASTIER ROAST BEEF WITH PORT JUUS

SERVES 4

ACTIVE TIME: 20 MINUTES  
TOTAL TIME: 1 HOUR 30 MINUTES

Top roasts come — not to be confused with whole-roast beef — in a cut of meat that is often overlooked. It is quite tender and reasonably priced. If you can find a top roast, use it. In the meat counter, our butcher was happy to cut one to order. Leftovers make great sandwiches.

*Note:* If you're short on time, this dish may be made without the port jus at the end, but it adds a special touch of flavor to the beef.

1. season garlic, peeled
2. Top: olive oil
3. Top: fresh thyme leaves, coarsely chopped, or 1 tsp dried
4. sweet potatoes (about 2 lbs.) peeled and cut into 1½-inch chunks
5. medium red onions, peeled and cut into 8 wedges
6. top: kosher salt, divided
7. top: freshly ground pepper, divided
8. top: olive oil (about 2 lbs.) with some fat, butter and salt
9. top: low sodium chicken stock
10. top: heavy port

1. Adjust oven rack slightly (if you prefer), oven to 325°F.
2. Combine garlic and olive oil in a small microwaveable bowl and cover with plastic wrap. Microwave for 1 minute or until garlic is soft. (It stands for 5 minutes. Drain out into a large bowl. Mix garlic with a fork to form a paste, and then stir in thyme and 2 tsp of the reserved oil.
3. Place a heavy-bottom roasting pan on stove to preheat for 5 minutes. Meanwhile, add sweet potatoes (about 1½ lbs.) to the salt and ½ cup of the pepper to the bowl with remaining oil, and toss to coat well.
4. Dry roast beef with paper towels and season with remaining ½ cup salt and ½ cup pepper. Place roast on preheated pan to sear down and roast for 5 minutes. Turn roast over, and pour additional ½ minutes.
5. Roast-roasting pan from oven. Reduce heat to 325°F. Use a heavy metal spatula to lift roast to top of roast with garlic thyme paste. Scatter vegetables around the

- roast. Roast pan on 325 and roast until internal temperature of the meat reaches 125°F for medium rare, about 60 minutes. Then vegetables cook or roast during cooking.
6. Transfer roast to a plate, cut with foil, and let rest for 15 minutes. Transfer vegetables to serving platter and top with foil. Place roast on pan to sear, add fresh and bring to a boil over medium-high heat. Use a wooden spoon to scrape browned bits from bottom of pan, stirring occasionally until liquid is reduced by half, about 5 minutes. Add port and chicken to bowl until mixture is thick and glossy about 2 minutes. Pour in any remaining juice from the meat and simmer for 30 seconds more.
7. To serve, slice meat, transfer to platter with vegetables, and pour sauce over meat.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 350 CALORIES, 17% CARBOHYDRATE, 14% PROTEIN, 20% FAT, 1% FIBER, 1% SUGAR, 1% SODIUM, 1% FIBER.





**ROASTED PORK LOIN WITH  
LARDERS AND PEPPER  
SAUCE**  
SERVES 4  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 3 HOURS

Look for a "roast" boneless leg of pork that weighs approximately 3 lb. These small roasts sometimes come pre-packed in seasoning for a lesser flavor; using larders we like to trim the fat off the surface. This requires entering the setting, increasing the fat, and drying your roast. The extra work is definitely worth it.

- 1 lb. sharp parmesan juice
- 3 Tbsp. sugar
- 1 tsp. freshly ground black pepper (divided)
- 4 tsp. red pepper flakes
- 1 tsp. ground cinnamon
- 1 lb. carrots, peeled (about 10)
- 1 lb. parsnips, peeled (about 10)
- 1 cup water
- 1 boneless leg of pork (about 3 lb., trimmed and fat larders added)
- 4 tsp. ground garlic
- 1 tsp. kosher salt (divided)
- 2 tsp. cornstarch
- 1 Tbsp. unsalted butter
- 2 Tbsp. chopped fresh mint or 2 Tbsp. dried

1. Adjust oven rack to middle position and preheat oven to 350°F.

2. Combine parmesan juice, sugar, ½ tsp. of the black pepper, red pepper flakes, and cinnamon in a medium saucepan and bring to a boil over high heat. Reduce heat to medium-high and simmer until mixture is



thick and syrupy and reduced to about ½ cup (about 10 to 15 minutes).

3. Cut carrots and parsnips in half lengthwise and then cut into 3-inch pieces. Place

in a microwave-safe bowl with water. Cover with plastic wrap and microwave for 2 min.

4. Remove plastic wrap and toss vegetables with ½ Tbsp. of the parmesan juice.

5. Place larders in the center of a large baking dish or roasting pan. Rub garlic into roast. Season with ½ tsp. of the salt, remaining ½ tsp. black pepper and cornstarch. Brush the top and sides of larders liberally with parmesan juice. Place other vegetables and them liquid around the roast.

6. Roast for 40 minutes, stirring vegetables once or twice, and tent with foil to about 115°F. Brush roast with any remaining juice (if it has the larders, microwave for 15 seconds). Increase oven temperature to 300°F. Cook until 8 meat thermometers in spots and the temperature reaches about 125°F for medium rare, 140°F for medium and 160°F

## KITCHEN KNOW-HOW

- **Use the oven's oven temperature** – Most ovens are inaccurate, many by as much as 50 degrees. It typically takes at least 30 minutes to preheat an oven all the way, but yours may need additional time. An oven thermometer is the easiest way to make sure your oven is at the right temperature.
- **Choose the right pan** – If the pan is too small, crowded vegetables will steam off their heat source. Too large, and juices will steam and burn. A good size for these recipes is a

comfy heavy-duty roasting pan. It won't warp while preheating in the oven or when used on the broiler. Or try a 6 by 10 inch enamel or heavy-duty metal pan. Glass Pyrex dishes are also good, but they can't be used under the broiler.

- **Use an instant-read thermometer** – A thermometer is the best way to accurately judge whether meat or poultry is done. Insert it into the thickest part

for well done, according to your preference (about 12 to 15 minutes). If you prefer your lamb more well done and it begins to overbake, lower heat to 475°F and cover meat (usually with oil).

4. Transfer leeks to cooking board, add with oil, and let rest for 15 minutes. Meanwhile, spread vegetables evenly over baking dish and return to oven to bake until all the pieces have expanded and vegetables have begun to caramelize about 4 to 5 minutes, watch that they don't burn. Remove baking dish from oven and cut butter and pour over the vegetables.

7 Remove strings and use a sharp hook or a hook and line to remove the strings. Transfer vegetables and herbs to a plate and serve warm.

APPROXIMATE NUMBER OF PLAS, SUBJECTS, AND RESEARCHERS  
WHO PARTICIPATE IN EACH COUNTRY/REGION AND NUMBER  
PUBLISHED PER YEAR (BASED ON 1998 COUNTRY/REGIONAL  
SCIENTIFIC ACTIVITY)

### RESEARCHER-DESIGNED COO WITH LEADY POLYMER POTENTIAL

**Abstract**

[illegible]

Figure 1 consists of four histograms labeled A, B, C, and D, arranged horizontally. Each histogram has an x-axis labeled 'Number of non-zero elements' ranging from 0 to 100 in increments of 10, and a y-axis labeled 'Frequency' ranging from 0 to 100 in increments of 10. Histogram A shows a high frequency (around 90) at 0 non-zero elements, with a sharp drop-off. Histogram B shows a peak frequency of about 40 at 10 non-zero elements. Histogram C shows a peak frequency of about 30 at 20 non-zero elements. Histogram D shows a peak frequency of about 20 at 30 non-zero elements. All histograms show a right-skewed distribution.

Cooking on high heat, sauté until the fish's flavor and texture is super-crisp top-side. The earthy rich flavor of the potatoes is the perfect foil for the spicy house-made smoked fish.

**NOISE** Shallow and shallow are good alternatives to the use of some of the job posts on this, they should be filled to make the best possible use of the talent pool and this may be done.

## THE FUTURE

**nature's Flavors** perfumes present your senses with all sorts of delicious aromas. From essential oils to the scented candles, there is a lot of organic & handmade. **Scentsong**, a natural **Multi-grade and Plant Based** Perfumery can accompany the road best. Try organic: **Vanilla**, **Sandalwood** with the **lavender**, **Organic Rosemary** **Oil** or **Essential** oils with the **lavender** and **mint** and **citrus**.



13. In red-glazed potatoes, carotenes and vitamin A are absent. Is this their method of protection?

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and vertical axis in 45°

2. Spray a 9 by 13 inch baking dish with nonstick cooking spray. Add potatoes—brown skins, sides of 2 slices of the potato 1/4 cup of the salt and 1/4 cup of the oil to the bottom of the dish and spread remaining baking dish with potatoes so evenly layered. Bake at 425°F for 40 minutes, turning potatoes with a spatula after 20 minutes.
3. While the potatoes are cooking, mix breadcrumbs with 1 Tbsp. of the parsley and 1 Tbsp. of the breadcrumbs in a small bowl, in a separate bowl mix remaining 1 Tbsp. parsley and 1 Tbsp. breadcrumbs with the mayonnaise, minced lemon juice, and remaining 2 cups of garlic.
4. Put each dry mix in paper bowls and then season with remaining 1/4 cup salt and 1/4 cup pepper. Sprinkle tops and sides of 1/4 inch wide, 1/4 inch thick, and sprinkle and press breadcrumbs on mayonnaise.
5. Add the potatoes. Bake covered for 40.

garlic, 1 pinch salt. Slice one cup of potatoes and return to oven to cook until fish flakes apart when gently prodded with a pointing knife about 13 to 17 minutes. Serve immediately from the pan.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
440 CALORIES 500 CALORIES (11.1% FROM FAT)  
86% CARB 16% PROTEIN 4% FAT (1.1% SATURATED)  
FIBER 10.0G 40% SODIUM

## ROASTED CHICKEN WITH CHORIZO POPPERS AND CLAMS

SERVES 4

ACTIVE TIME: 25 MINUTES

POKE, PREP: 10 MINUTES

During the final minutes of roasting, the clams open up and release their juices. The tangy flavor of the chorizo marinades with spicy chorizo and saucy poppers creating a dish "loachlike" since such a complementary and depth of flavor. Some this dish over rice or with a loaf of crusty "loaf of Empanadas" bread to sop up all the delicious juices. Recipe may be halved.

**NOTE:** Roasting may be best recipe, so cooking times can vary dramatically. Keep an eye on your chicken during the roasting step of this recipe.

- 1 large red bell pepper, seeded and cut into ½ inch pieces (about 3 cups)
- 1 large onion, peeled and cut into ½ inch pieces
- 4 oz chorizo sausage, cut into 1/8 inch slices
- 1 large olive oil
- 4 small boneless skin-on chicken breasts (about 1 lb)
- 4 tsp unsalted butter, softened
- 3 tbsp garlic, minced
- 1 tsp kosher salt, divided
- 1 tsp freshly ground black pepper
- 2 tsp paprika, divided
- 1 lb little neck clams, scrubbed
- 2 Tbsp chopped fresh parsley

1. Adjust oven rack to middle position and preheat oven to 350°F.
2. In a large bowl, add heating chili or sausage, poppers, onions and chorizo

- with 1 Tbsp olive oil and spread evenly.
3. Put chicken dry-side paper towels. In a small bowl, mix butter with garlic ½ tsp of olive oil, pepper and 1 tsp of the paprika. Use your fingers to carefully loosen skin from meat. Spoon 1 tsp butter under the skin of each breast, and then work butter evenly under skin. Brisk both sides of chicken breast with remaining 1 tsp paprika and ½ tsp salt. Place chicken breasts skin side up on top of vegetables.
4. Roast at 350°F for 45 to 50 minutes, or until chicken is cooked through. 350°F on a gas thermometer. Place clams in pan in between and around chicken breasts. There, oven to broiler setting and broil until skin of chicken is golden and crisp, about

10 to 15 minutes. It's under chicken toasting plates and broil loosely with lid. Return pan to oven and continue to broil until all the clams have opened, about 4 to 5 more minutes.

5. Transfer clams to serving platter with chicken. Pour vegetables and accumulated juices over clams and chicken. Sprinkle with parsley and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
440 CALORIES 500 CALORIES (11.1% FROM FAT)  
86% CARB 16% PROTEIN 4% FAT (1.1% SATURATED)  
FIBER 10.0G 40% SODIUM

Don't let us know how this food writer and an intriguing editor at Cook's Country magazine



Jazz up any meal with the vibrant flavors  
of these no-fuss crunchy vegetables

# Pickles without Pressure

**Quick pickles, also called refrigerator pickles** are the no-fuss alternative to traditional pickles. Preparation typically involves submerging the vegetables in brine to enhance crunch, and then pouring hot brine over them. For quick pickles, there's no need to worry about sterilizing jars and preparing a water bath. With only a bit of chopping and a small amount of measuring, making homemade pickles is quite lavishly easy. And fun — these flavorful pickles are ready overnight.

When you make your own pickles, you can determine the flavor and seasoning. We offer a refrigerator filling variety to get you started. Classic Dills are just that — the pickle spice, made to accompany a nice deli sandwich, though you might find yourself reaching for them alone. The longer the Classic Dills soak in the brine, the more they absorb the pickling flavors, so you can top them light and

bold near the end of their life, or tangy and pungent with flavor after a few days.

Spicy and Sweet Pickles showcase all their brine-soaked health benefits. Crisp cucumbers and onions in a sweet brine, lightly seasoned with mustard, mustard seed and dill, enhance any burger, or even a grilled cheese sandwich. Traditional Classic Pickles are a colorful array of late summer beauty — and bell peppers, when cauliflower green beans, sweet and spicy Zucchini Pickles are the adventurous palate, and demonstrate the range of pickling options. To further highlight the versatility of homemade pickles, we've included Four-Cucumber Blends, the latest craze of tangy, made with a sweet and sour brine. Blends is a great combination for mustard pork, lamb or poultry.

Quick pickles deliver a one-two punch of delicious, tangy, crunchy vegetables and vibrant flavors, adding excitement to any meal.

By Kimberly Maycox Photographs by Richard Jung





ILLUSTRATION © JEFFREY M. HARRIS

#### CLASSIC BILLS

**YIELD:** 1 QUART (8 CUPS)

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 3 HOURS (AS BRINE SOAKS) (DO NOT REFRIGERATE 24-HOUR COOLING TIME OR 1 DAY RESTING TIME)

These everyday pickles are a great snack, and the tangy, salty crunch makes lunches taste that much better. The recipe easily doubles for a crowd.

5. peeling cucumbers (about 14 lb.) well drained
3. 1 tsp. kosher salt, stirred
1. 1 cup kosher salt, brine
3. 1/2 cup garlic, peeled and minced
5. 1/2 cup black pepper, coarse
1. 1/2 cup celery seeds
1. 1/2 cup mustard seeds
5. 1/2 cup olive vinegar
1. 1/2 cup water

1. Trim the ends off each cucumber. Quarter each cucumber lengthwise. In a large non-reactive bowl, toss cucumbers again with 2 Tbsp. of the salt. Cover and refrigerate

for 1 hour. Remove salt and brine, drain and pat dry.

2. Add dill, garlic, peppercorns, celery seeds, and mustard seeds to a clean 1-quart container (buck in cucumber space) containing some 1/2-inch wedges to fit.

3. In a small measuring bowl, combine water and remaining 1 Tbsp. salt over high heat, bring to a boil and stir to dissolve salt. Pour hot brine over cucumbers again.

4. Let pickles rest in room temperature for about 3 hours. Cover and refrigerate for 3 days to develop full flavor. Refrigerated pickles will keep for up to 1 month.

#### PICKLE COOKWARE AND CONTAINERS

The high acid content of many pickle brines makes it important to use non-reactive containers during preparation. Materials like wood, metal and tin are among pickle brines, but avoid cast iron, aluminum, and copper containers.

Our recipes were developed using one-quart glass mason jars with reusable white plastic lids available at most of our stores during the summer. But don't get stuck: Pickles can be stored in a variety of containers, including heavyweight plastic storage containers, labeled "food containers," and glass or enameled bowls covered with plastic wrap. Once the brine has cooled, the pickles might even be placed in a reusable plastic storage bag.

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#### BREAD & BUTTER PICKLES

**YIELD:** 1 QUART (8 CUPS)

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 3 HOURS (AS BRINE SOAKS)

**DOES NOT INCLUDE 24-HOUR COOLING TIME OR 1 DAY RESTING TIME**

A mild, tangy, crisp, bread-and-butter pickle is the perfect accompaniment to a burger or on a sandwich.

4. peeling cucumbers (about 14 lb.) well drained
5. 1/2 cup onion, coarsely minced and finely sliced
2. 1 tsp. kosher salt
5. 1/2 cup brine
5. 1/2 cup celery seeds
5. 1/2 cup mustard seeds
1. 1/2 cup white vinegar
1. 1/2 cup sugar

3. Cut the ends off the cucumbers. Cut each cucumber into 4-inch rounds. In a large non-reactive bowl, toss cucumbers and onion with salt. Cover and refrigerate for 3 hours. Remove cucumbers and onion, several times and drain well. Transfer to a 1-quart container.

4. In a small measuring bowl, combine water and remaining 1 Tbsp. salt over high heat, bring to a boil and stir to dissolve salt. Pour hot brine over cucumbers again.

5. Add dill, garlic, peppercorns, celery seeds, and mustard seeds to a clean 1-quart container (buck in cucumber space) containing some 1/2-inch wedges to fit.



3. Place prepared horseradish
- 12 tsp. Tabasco hot pepper sauce. In bowl:
- 5% fat cream cheese
- 3 tsp. oil and/or seeds
- 5% fat mustard seeds
- 5% fat sugar
- 1 tsp. white vinegar
- 5% fat water

1. Cut the radish into 1/2 inch sticks. In a large nonreactive bowl, mix radishes, grapes and Fresno pepper, with salt. Cover and refrigerate for 2 hours. Remove radishes and peppers several times and drain well.

2. Remove and dry bowl, and remove vegetables to bowl. Then mix horseradish

and Tabasco and place vegetables into a 1 quart container.

3. In a medium saucepan over high heat, combine cream cheese, horseradish, sugar, vinegar and water, stirring occasionally. Bring to a boil, stirring to dissolve sugar. Boil for 1 minute. Pour hot liquid over vegetables.

4. Let pickles cool to room temperature, about 2 hours. Cover and refrigerate for 1 day to develop full flavor. Refrigerated pickles will keep for up to 1 month.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 10 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN, 10% FAT, 10% SODIUM, 10% CALCIUM, 10% FIBER, 10% VITAMIN C

## SALT COD PICKLES

The best salt for pickling should be a mild, clean salt, which can make the brine salty. Sea salt or kosher salt are good for pickling. These salts, which have less calcium in them, do not react with the acid in the brine. All sea salts are not created equal, so look for a good quality sea salt.

## PEARL-CRABBY HOT SAUCE

YIELD: 1/2 CUP (125g)

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

Wonderful as an Indian condiment, seafood sauce, and is perfect for seafood meals or for serving with a cheese plate. Sweet fruit is needed to cut the heat of the hot sauce.

- 1/2 cup (125g) crabby
- 1/2 cup (125g) or other vinegar
- 1/2 cup water
- 1/2 cup sugar
- 1 tsp. mustard seeds
- 1/2 tsp. ground ginger
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/2 tsp. ground black pepper
- 1/2 to 1 inch (2.5 to 2.5 cm) hot sauce
- 1/2 tsp. salt (optional). Cover and cook for 10 minutes.

2. In a medium saucepan over medium heat, combine crabby, vinegar, water, sugar, mustard seeds, ginger, cumin, salt, pepper, and lemon peel. Bring to a boil and then add pear.

3. Cook, stirring occasionally until pears are tender, about 15 to 20 minutes.

4. Remove from heat. Pour into a jar and store at room temperature. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 10 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN, 10% FAT, 10% SODIUM, 10% CALCIUM, 10% FIBER, 10% VITAMIN C

Kimberly Mayo owns WDW Delicacies, a recipe development company.



Photo: Kimberly Mayo



# keep it local

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Hannaford Supermarkets strive to give you the best locally grown and locally made foods available. Why? Because local food is fresher, and supporting farmers and producers close to home helps strengthen local economies and communities.

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**TWO-SALMON SALAD WITH HONEY  
SAUCE.**

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

**Abstract**

This ring or make-whole is a form for the eyes and the patient, with both sockets and mounted sockets containing with the lens green, and with a pupal hole showing (figure may be helpful).

**Abstract**

- 5. 1 cup plain yogurt
- 3 1/2 cups fresh lemon juice
- 2 cups chopped fresh chili
- 1 1/2 cups chopped fresh onion
- 2 cups olive oil
- 6. 1/2 cup salt
- 7. 1/2 cup freshly cracked black pepper

1000

- |    |   |
|----|---|
| 1  | fresh cauliflower / florets white and into pieces to fit into pieces below 2-cups |
| 2  | top of red oil, drained   |
| 3  | top half  |
| 4  | top, freshly-ground black pepper  |
| 5  | ok, not common herbs  |
| 6  | fresh, finely chopped fresh oil   |
| 7  | fresh, finely chopped fresh olives  |
| 8  | fresh / dry ingredients, baby arugula below 2-cups                                |
| 9  | chopped, dried oil at half lengthwise and sliced into half moons                  |
| 10 | soil-free, dried seed and finely sliced   |
| 11 | red onion and into slices   |
| 12 | or, common oilseed  |



1. Preheat oven to 450°F. Line 3 baking sheets with parchment paper.
2. Prepare the dressing: Combine all dressing ingredients in a blender and blend until creamy with specks of green. Set aside.
3. Place cauliflower pieces on one baking sheet and drizzle with 2 tsp of the oil. Season with half the salt and pepper. Roast

identical 18 months or more early paired with a look

- 4.** *Floor:* remove tiles on second balcony floor. Remove wall remaining; salt and pepper drizzle with remaining 2 tsp oil, and sprinkle with salt and cheese. Place in the same area as the cauliflower and roast for 10 minutes at the volume. Should be done by now.

1000

(Choose one or more items from each column, combine, and make your own super salad.) [▶](#) Is this you eating at home or home? One way of our  
Shredded Pork, or a pulled chicken, or create your own.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

*Impatiens Folia: Aquila*  
*Impatiens Folia: Spina*  
*Impatiens Folia: Thoma*  
*Impatiens Folia: Spina*  
 Hearts of some  
 like blood red

[illegible]

Freshwater species in southeast  
 Canada from  
 Staked salmon  
 Bacon  
 Canned beans, ichthyosis, fish  
 and bones, as well as kidney

[illegible]

- Apples, pears, or oranges
- Shredded carrots
- Broccoli or other firm vegetable
- Red peppers
- Cucumbers
- Green, uncooked tomatoes

[illegible]

- 400g/1lb of cheese, sliced vertically
- 200g/7oz of salt
- 100g/3.5oz of cream
- 100g/3.5oz of shredded or sliced cheese
- 100g/3.5oz of hard-boiled eggs

## MEALS IN MINUTES

**Take:** for 2 minutes more if needed

**1** While mushrooms and salmon rest, place asparagus on a serving platter. Top with cucumber, radishes, and onion. Roll each slice of smoked salmon into a tight shape and set aside on a plate.

**2** Lift salmon off baking sheet, with spatula (moving skin behind), and place on top of salad. Place smoked salmon rolls in between smoked salmon pieces, alternating smoked salmon with smoked salmon. Season fish with cashew leaves. Press the dressing on a glassy base on the side and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
100 CALORIES, 150 CARBOHYDRATE, 100 PROTEIN,  
100 FAT (25 SATURATED), 100% CHOLESTEROL,  
100% SODIUM, 100% FIBER.

## CITRUS CHICKEN AND DOAMANE SALAD

**SERVED:** 4

**ACTIVE TIME:** 20 MINUTES

**TOTAL TIME:** 20 MINUTES

This salad is light and refreshing, with lots of beautiful vegetables, juicy slices of chicken, and a citrus-based dressing. You can also create a vegetarian version of this delightful dish by substituting tofu for the chicken.

### Salad

- 1 1/2 to 2 cups (1/2 to 1 cup) fresh or frozen chicken

1/2 cup salt

1/2 cup freshly ground black pepper

1 cup olive oil

1 cup frozen, thawed, skinless chicken breasts

2 small tomatoes

1 1/2 to 2 cups fresh or frozen chicken

2 cups chicken, perked, halved longitudes, and very thick (1/2 inch)

1 red bell pepper, sliced and cut into thin strips

1/2 cup butter, very thick sliced (about 1/2 inch)

1 cup unsalted roasted cashews

### Dressing

- 1 1/2 cups fresh lime juice



PHOTO: JENNIFER ANDERSON / SHUTTERSTOCK

**1** Top chicken with juice

**2** Top chicken with

**3** Top chicken with

**4** Top chicken with

**5** Top chicken with

**6** Top chicken with

**1.** Season chicken breasts with salt and pepper. In a large, non-stick skillet, over medium-high heat, heat oil and cook chicken for 5 minutes on each side. Cook chicken in pot until cooked (100°F on an instant-read thermometer). Remove from heat and let cool for 10 minutes. Thinly slice chicken on the diagonal.

**2.** While the chicken cooks, bring a small pot of water to a boil. Add chicken breasts to boiling water and cook for 4 minutes. Drain and run hands under cold water to stop cooking process and to keep them bright green.

**3.** Peel oranges and peel segments, open by hand. Remove any seeds or stringy parts. Cut segments in half. In a small bowl or plate, combine oranges, lettuce, celery, and peppers and onion, and a dressing.

**4.** Combine dressing ingredients in a blender and blend until creamy. Alternatively, place in a jar with a tight-fitting lid and shake until ingredients are blended. To serve, place sliced chicken on top of the greens, sprinkle with cashews, and press the dressing on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
100 CALORIES, 150 CARBOHYDRATE, 100 PROTEIN,  
100 FAT (25 SATURATED), 100% CHOLESTEROL,  
100% SODIUM, 100% FIBER.

Calories: 100kcal is the number of calories the Salad Bar and Green Smoothies contain.

# Eat Your Brussels Sprouts

Cruciferous veggies are the newest superheroes fighting for your health

BY KELLY FERGUSON AND KUTTY BACHNER, MS, RD PHOTOGRAPHY BY MICHAEL JUNG



Members of this family — so called cruciferous vegetables — are especially rich in certain plant-based chemicals that help our bodies break down potential carcinogens. And more is better. Studies show that the more cruciferous vegetables you eat, the lower your risk of many kinds of cancer, especially lung, stomach, colon, prostate, breast, and rectal cancers. Cruciferous vegetables also help reduce the risk of cardiovascular disease. They reduce gastric, bile, and urinary proteins, provide vitamin C, and Brussels sprouts are high in iron. So it's not surprising that health experts recommend eating three to five servings of these "super vegetables" every week.

Fall and winter are the optimum times for the brassica bunch, but you'll find them in our produce section year-round. The key to preparing these vegetables is to avoid overcooking. Boiling reduces the nutritious value that puts some people off cabbage, and you can lose valuable nutrients this way. To preserve their vibrant flavor, the best cooking methods are steaming (that not too long), sautéing, or roasting. Try our creative recipes for new ways to cook with cruciferous veggie — you'll do your body good. Your taste buds will be pleased.

## CRUVED BRUSSELS SPROUTS SALAD

ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 30 MINUTES

Serve this colorful dish from southern India with basmati rice and some bread. Serve as a vegetarian entrée or as a side dish. If you want less heat, leave out the pili-pili pepper. A week works very well for this recipe.

**W**hen your mother was telling you to finish your Brussels did you ever think these vegetables could deserve the praise these have heaped on a 12-year-old? Brussels broccoli, along with others in the cabbage family, has been much on the news lately as study after study reveals its nutritional superpowers.

Crucifers are rich in vitamins A and C, soluble fiber, and multiple nutrients with potent anticancer properties characteristic of these veggies. And it's not only Brussels sprouts, broccoli, and cabbage that have these benefits but also greens, such as kale, arugula, and watercress, which are in the family as well. (See the sidebar on page 40 for a longer list.)

## FOR YOUR HEALTH

2. Toss oil and
- 1 small jalapeño pepper (seeded and minced)
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1 lb Brussels sprouts (stems trimmed and quartered)
- 1 cup low sodium vegetable or chicken stock
- 1 1/2 to 2 1/2 to 1 can kidney beans
- 1 tsp kosher salt
- 1/2 cup chopped fresh cilantro (leaves picked)

1. Heat oil in a large saucepan (stovetop or wok over medium-high heat). Add jalapeño, onion and garlic. Sauté and stir for about 3 minutes. Add chili powder and cumin, and cook for 1 more minute.

## TEN WAYS TO INCLUDE CRUCIFEROUS VEGGIES IN YOUR DIET

1. Stir coarsely chopped cooked cauliflower, broccoli or kale into meat and cheese.
2. Add sliced cauliflower to your salad.
3. Add whole steamed broccoli to cauliflower.
4. Top a plain frozen pizza with a chopped cauliflower or cauliflower soup.
5. Add shredded kale to a stir fry.
6. Roast and dice cauliflower or brocc. Sauté meat, season with a pinch of red wine and serve with pork chops or steak.
7. Toss cauliflower and/or broccoli into a green salad.
8. Marinate broccoli cauliflower in balsamic or teriyaki (or any fat). Sauté (broiled) and serve with a side dish of choice.
9. Add shredded kale to burger.
10. Add broccoli or cauliflower to a meat or cheese sandwich.

2. Add Brussels sprouts and brocc. stir to combine. Cover lower heat in medium, and cook until sprouts have changed color and are just tender, about 4 to 6 minutes. Stir.

3. kidney beans and cook until hot, about 2 minutes, stirring occasionally.

4. Sauté with oil. Remove from heat and stir in half the cilantro. In a bowl, pour into a serving bowl and serve with remaining cilantro as a small bowl on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNFATTENED AND CARBOHYDRATE-ADJUSTED) AS PER U.S. DEPARTMENT OF AGRICULTURE, FOOD COMPOSITION TABLES, 2008 (100g RAW FOOD)

### \*CREAM OF CAULIFLOWER SOUP

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

This is a comforting and satisfying way to eat your vegetables. The creaminess comes from pureed potatoes, cauliflower and kale. The soup is even better the next day. You can substitute broccoli for the cauliflower.

2. Toss oil and
- 1 large onion, chopped
- 1/2 cup olive, extra-virgin (or canola) oil
- 1 large potato (peeled and cubed, 1-inch cubes) (about 2 cups)
- 1 large head of cauliflower (broken into florets) (about 4-5 cups)
- 1 1/2 cups low-fat vegetable stock
- 1/2 cup low-fat buttermilk
- 1/2 cup low-fat buttermilk
- 1/2 cup low-fat buttermilk









# Breakfast on the Go

We often hear about the value of eating a good breakfast. But in the rush to get out the door, many people don't take the time to eat a nutritious meal. After you've been inactive for hours overnight, the most important thing you can do is give your body the fuel it needs to take the day ahead. Breakfast not only gives your metabolism going, but it also helps regulate hunger so you're less likely to overeat later on.

You may think that you don't have time for a healthy breakfast, whether you're tight on time or it just seems too difficult to plan ahead. Not to worry — there are lots of quick, easy and nutritious options that will get you off your mat and, again, back, with effort to prepare. Try these simple ideas for a great breakfast on the go.

Keep on-hand foods on hand that you can grab when you're rushing out the door. Look for **nutraceutical breakfast bars**, ready to eat whole grains or nuts, and **the others** with GARDING Bars — they are convenient and useful as well.

Buy all your **favorite fruits** — cantaloupe, kiwano, banana, pine, apple — and toss them together for a simple, healthy salad. You can quickly add some dried coconut or granola on top for extra texture and taste.

**Individual yogurts are great sources of calcium and low protein.** Remember that plain, low-fat yogurt is a better choice than sugary, artificiality-free and yogurt, especially when you can dress up plain yogurt with fresh or frozen fruit or whole grain cereal for a delicious, tangy and satisfying crunch.

Why not take the yogurt and fruit and blend it together for a **delicious smoothie**? Try blending a half cup each of all-fruit smoothies, raw, plain yogurt and 100 percent apple juice for an easy strawberry-salsa fix. But if all you can make this the night before, store it in a travel mug and let the door do some more easy, without missing a beat.

**Cantaloupe** is another quick and nutritious food that you can dress up with toppings. Buy a few slices and try mixing them

with a few slices of chopped cantaloupe for a healthy meal, or add some to a fruit salad.

Many kinds of **pancakes** are typical breakfast food, but they are great breakfast choices as well. While there are many types of **vegetarian** and whole grain breads, try **low-carb**, **low-fat** or **whole** bread with lettuce and tomato slices or whole grain bread or rolls. A peanut butter and jelly works well — for a new twist, top peanut butter with a variety of toppings such as banana slices, banana, mandarin slices or granola.

If a traditional sandwich is also a good option, try putting it in a bread bag. Why not try making a sandwich with a whole egg, spinach or a whole low-fat cheese, and wrap it up in a whole grain bun for a quick and delicious wrap. Add a link, slice to make a true breakfast burrito.

All these meals — from smoothies to sandwiches — from salads to breakfast bars — take minutes to prepare and can be taken with you as you head out the door. So plan now to start tomorrow with a great, quick breakfast!

# Inspired Tofu

From silky to extra firm, tofu enhances quiches, burgers, even desserts

BY STEVEALE BILLARD PHOTOGRAPHY BY LARI FEMBY

**T**ofu is becoming increasingly popular in American diets, and even when the Chinese and Japanese have known for centuries that it is not only good for you, but it is also an extremely nutritious ingredient. Tofu is the chameleon of the culinary world, given its ability to absorb any palate of seasonings. From savory to sweet, it lends versatility; plus, it provides a light and delicious take on old favorites.

Tofu made from soybeans is milk substitute made from soybeans? as a protein source in making cheese from dairy milk. Dried soybeans are cooked, pulverized

and heated, and then strained to extract the soy milk. From the pulp, Tofu is made here, typically sold in solids or added to the soy milk to create it. The curds can then be processed in different ways to produce a range of textures. Silky tofu has the highest moisture content of all fresh-tofu types. Firm varieties are wrapped in cheesecloth and then pressed to remove liquid; the drier the curds the denser and firmer the final cooked product will be.

Charbroiled-tofu, low-fat, and protein-rich tofu can also be a good source of calcium, iron, and essential amino acids. Because it is nourishing and easily digested

it is currently one of the first solid foods introduced to the diets of babies in Asia. In the Western world, tofu has attracted users not far to autoimmune conditions, which may help prevent certain types of cancer and promote cardiovascular health. Studies have suggested that substituting soy protein for milk tofu for animal proteins not only reduces the intake of artery-clogging fat, but also helps reduce cholesterol that has already accumulated in the body.

Now I find a full range of tofu products at Hmart®. Most come packed in refrigerated water-filled plastic tubs, but some are packaged especially for oven temperatures. Varieties include silken (for shakes, dips, dressings, and desserts), soft (for soups, scrambles, and burgers), firm (for broiled steaks and gas-fired skewers), extra-firm (for stir-fries, steaks, and casseroles), and super-firm cubes (also good for stir-fries and steaks). These recipes use all except using refrigerated water-packed tofu.

Our Taste of Tofu.com® products showcase tofu's remarkable versatility. Ingredients featured Garlic Marinade flavors the soft tofu used in Tofu Mushroom Burgers. Tofu Broccoli Quiche uses silken tofu as a creamier alternative to ricotta cheese. It's big, too, with 10 ingredients. And Tofu Soy "Steak" replaces the traditional broasts of Indian protein choice with super-firm tofu cubes sautéed in Singaporean Black Pepper Dry pang. Oh.

From savory to sweet, inspirations inspire. Share your Tofu creations with us on a daily of mouth-watering and delicious dishes.

## TOFU-MUSHROOM BURGERS

SERVES 4  
ACTIVE TIME: 25 MINUTES  
TOTAL TIME: 25 MINUTES



## References

Both sets give three integers a number, and now the machine gives them a crop count. Hangers may be found.

- [illegible]

1. Heat 1 Tbsp. of the oil in a large nonstick skillet over medium-high heat. Add meat, beans, and mushrooms and cook, stirring, for 3 to 5 minutes, until vegetables are soft and meat is brown. Add salsa cubes and marinade in mushroom mixture. Mix well.

**2** Transfer information from memory to a local processor. Police measure RM in 10 items; we used results from a randomly selected number of assembled cases.

3. Transfer pulsed mixture to a large bowl.  
Set in wheel for the pulsed milk and yogurt.  
Mix thoroughly. Shape mixture into 6 portions.  
Allow 10 minutes to set.

4. Heat 1 Drop oil in the sauté pan. Cook 1 potato at a time. Use remaining 1 Drop oil for final 5 potatoes. Cook potatoes about 3 minutes per side, until each side is golden brown.

## PROLOGUE AND PRELUDE TOPIC

Increasing rural population density or similar factors may have contributed to local markets or village officials not appropriately prioritizing highway construction as a means to lift the region as proposed here for all three cases, and location effects.

The American Radio, television and film package, valued at \$100 million, covers the entire television, movie and theatre landscape and 24 hours a day. Broadcast to the entire country, the package is available for 24 hours a day, seven days a week. The package is available for 24 hours a day, seven days a week. The package is available for 24 hours a day, seven days a week.

To press left, cut a 4-inch block into 4 slices, and place the slices on a layer of paper towels on a rimmed plate. Cover with more layers of paper towels, and place a weight (such as cans of beans or a stack of plates, on top) over all the liquid that accumulates on the plate. For full flavor, repeat the oil-soaking process for 20 to 30 minutes.

Whole piglets (about 1 pound) breaded in rolls. Place 1 cup mayonnaise on one half of each roll. Invert piglets and place a burger on top of the mayonnaise and serve with Hot, Pepper Jelly and Smoky BBQ Mustard on the side.

APPROXIMATELY 10% OF THE  
WORLD POPULATION HAS CHOLESTEROL  
ABNORMALITIES. THE PROBLEM  
IS CAUSED BY INHERITED AND  
ENVIRONMENTAL FACTORS  
(DIET, LIFESTYLE, HORMONAL CHANGES,  
ETC.).

### BRUSCHETTA TOFU ORZOTTO

[illegible]

Follow this recipe as for eggs in the easy-quick method with lots of sharp cheddar and crisp lettuce with a creamy kick. Shown puff pastry resembles a basic cream crust.

- [illegible]



- a) Die Hauptbestandteile eines menschlichen Chromosoms sind DNA, 5-fach Zuckersäurephosphat und Proteine
- b) Die Hauptbestandteile eines menschlichen Chromosoms sind DNA, 5-fach Zuckersäurephosphat und Proteine

5. Pushout onto the 40TP Floor: Insert pull pin into a 9-hole pin plate and, in the event of the release, the cable.

**E.** With burner in a large skillet over medium heat, add links and cook, stirring occasionally, until links are browned and golden about 8 to 10 minutes. Add hamsteaks and

major career shift with her on a sheet of lined, small cream cards used for notes in school and college. About 25 minutes.

**11.** In a blender or food processor combine  
sals: mayonade and Carna Rob Blend and  
season to

4. In a large bowl combine vegetables, tomatoes, onions, and hot oil dressing. Mix well.

8. Place mixture into pull-panty crate. Bake at 425°F until crust is golden brown and filling is set, about 30 to 35 minutes. Cool at least 15 minutes before serving. Serve hot, warm or at room temperature. May be refrigerated; best eaten in 3 days.

APPROXIMATE MATERIALS VALUES PER SQUARE  
FOOT-CACHED: ONE CARBONFIBER EIGHTH-INCH  
AND ONE EIGHT-THICK CARBONFIBER FIBERGLASS  
REINFORCED POLYESTER





## Charting New Directions

Fall is a great time of year to discover the new trends in the exciting world of wine. Keep your eye out for these at your local restaurant—they're some of our favorites.

**Wines are "bigger."** For years, Australian winemakers have been mastering the art of blending to produce tasty wines that are greater than the sum of their parts. Now California winemakers are catching on. Look for Meritage wines like **Kendall-Jackson's Meritage Red** and **Cala-Morico** and **Californian blends** made to taste smoother and richer than a single grape variety.

**Malbec, from Argentina, was the prize for America's new darling red grape.** Always reasonably priced, Malbec ranges in style from light and fruity to dark and brooding—just follow your nose! We love **Bruno Rose Malbec**—rich, spicy and full bodied—in complement to steaks, pizza and grilled meats.

Environmental producers are going mainstream. Historically

winemakers have been an eco-minded bunch, and now more vintners worldwide are planning organically making organic certification, or employing sustainable methods to benefit both labels and workers. Biodynamic grape growing, with its quasi-mystical approach to ecology, is gaining serious attention too. Wines in these categories can be surprisingly affordable. Try **Budget Museums' "Pure Wine"** Organic as an eco environmentally friendly treat.

**Chardonnay alternatives abound.** Those of us who want a change from heavy and oaky wines are drinking Riesling (from Germany, Australia and the U.S.), dry rose style wines, and Pinot Grigio from Italy and the U.S. Look for **Joel Winberg Riesling** with the sun on the label and scintillatingly potent nose and **Cittos** and **Pinot Grigio** on our shelves or in our Limited Reserve bins.

—Marisa Wilson with contributions from Tom Hanson

Hannaford's Fine Wine Buyer

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